

### ABSTRACT OF THE DISCLOSURE

A tracheostomy tube has a cannula and a neckpiece with bands. The distal ends of the bands are rapidly and releasably connected to one another. At least one of the bands is adjustable in length. The bands and the neck piece may be formed integrally into a unitary member. The bands and neck  
5 piece may be formed from a viscoelastic polymer. A method of use is disclosed.

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